



Eating right, simplified.

## 2,800 Calorie Plan (Protein) 5 meals.day

### DAY 1

#### Breakfast

7:00 AM

egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
whole grain rolled oats, dry	3/4 Cup(s)	224 cal
blueberries	1 1/2 Cup(s)	124 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 75 g (51%) / **Protein** 36 g (24%) / **Fat** 16 g (25%) / **Fluid** 31

NOTES:

#### Snack

10:00 AM

apples	1 large	110 cal
almond butter	2 Tbsp	200 cal
drinking water	2 Cup(s)	0 cal
rx bar	1 bar	225 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 59 g (44%) / **Protein** 19 g (14%) / **Fat** 25 g (42%) / **Fluid** 22

NOTES:

#### Lunch

12:00 PM

turkey breast, roasted	10 oz	386 cal
baby carrots	15 large	79 cal
romaine lettuce	3 leaf	3 cal
tomatoes	1/4 Cup(s)	8 cal
whole-wheat pita bread	1 large	170 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 646 cal / **Carbs** 56 g (34%) / **Protein** 92 g (56%) / **Fat** 8 g (10%) / **Fluid** 32

NOTES:

#### Snack

3:00 PM

string cheese, light	1 serving	50 cal
bananas	1/2 extra large	68 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal

MEAL TOTAL: **Calories** 312 cal / **Carbs** 27 g (34%) / **Protein** 34 g (42%) / **Fat** 8 g (24%) / **Fluid** 8

NOTES:



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## Dinner

6:00 PM

broccoli, no salt, boiled	1 Cup(s)	55 cal
black beans, no salt, boiled	1/2 Cup(s)	114 cal
wild rice, cooked	1/2 Cup(s)	83 cal
drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
fbbc shrimp and veggie skillet	1/4 serving	350 cal

**MEAL TOTAL:** **Calories** 721 cal / **Carbs** 68 g (36%) / **Protein** 59 g (32%) / **Fat** 26 g (32%) / **Fluid** 29

### NOTES:

**DAY 1 TOTAL:** **Calories** 2,820 cal / **Carbs** 285 g (40%) / **Protein** 239 g (33%) / **Fat** 84 g (27%) / **Fluid** 121



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## DAY 2

### Breakfast

7:00 AM

turkey sausage breakfast links	2 oz	133 cal
fbbc cherry almond butter shake	1 serving	403 cal

MEAL TOTAL: **Calories** 537 cal / **Carbs** 32 g (23%) / **Protein** 40 g (29%) / **Fat** 29 g (48%) / **Fluid** 2

NOTES:

### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	3 oz	48 cal
almonds	1 1/2 oz	243 cal
egg, hard boiled	2 large	155 cal

MEAL TOTAL: **Calories** 447 cal / **Carbs** 22 g (19%) / **Protein** 22 g (19%) / **Fat** 32 g (62%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole wheat dinner rolls	2 roll	149 cal
cranberries, dried sweetened	1/4 Cup(s)	92 cal
extra virgin olive oil	1 Tbsp	120 cal
romaine lettuce	2 Cup(s)	16 cal
chicken, boneless, roasted	6 oz	284 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 690 cal / **Carbs** 62 g (35%) / **Protein** 49 g (28%) / **Fat** 29 g (37%) / **Fluid** 25

NOTES:

### Snack

3:00 PM

pears	1 large	119 cal
drinking water	2 Cup(s)	0 cal
almonds	1 oz	162 cal
hummus	4 Tbsp	110 cal
wheat thin crackers	15 crackers	120 cal

MEAL TOTAL: **Calories** 511 cal / **Carbs** 71 g (53%) / **Protein** 11 g (8%) / **Fat** 23 g (39%) / **Fluid** 23

NOTES:



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## Dinner

6:00 PM

spinach, no salt, boiled	2 Cup(s)	83 cal
beef flank, lean, broiled	5 oz	272 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** Calories 598 cal / Carbs 69 g (45%) / Protein 55 g (36%) / Fat 13 g (19%) / Fluid 37

### NOTES:

**DAY 2 TOTAL:** Calories 2,782 cal / Carbs 257 g (36%) / Protein 177 g (25%) / Fat 126 g (39%) / Fluid 108



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## DAY 3

### Breakfast

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	2 Tbsp	200 cal
egg whites, cooked	6 large	103 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 654 cal / **Carbs** 49 g (30%) / **Protein** 72 g (45%) / **Fat** 18 g (25%) / **Fluid** 23

NOTES:

### Snack

10:00 AM

egg, hard boiled	2 large	155 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
plain greek yogurt, nonfat	8 oz	134 cal
almonds, raw	15 Whole nuts	111 cal

MEAL TOTAL: **Calories** 535 cal / **Carbs** 47 g (34%) / **Protein** 42 g (31%) / **Fat** 21 g (35%) / **Fluid** 29

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
romaine lettuce	3 leaf	3 cal
olive oil, mayonnaise, light	1/2 Tbsp	25 cal
apples	1 large	110 cal
tomatoes	1/4 Cup(s)	8 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	2 slice	160 cal

MEAL TOTAL: **Calories** 530 cal / **Carbs** 62 g (44%) / **Protein** 60 g (44%) / **Fat** 7 g (12%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
rx bar	1 bar	225 cal

MEAL TOTAL: **Calories** 404 cal / **Carbs** 45 g (44%) / **Protein** 25 g (25%) / **Fat** 14 g (31%) / **Fluid** 23

NOTES:



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## Dinner

6:00 PM

italian chicken	1 1/2 serving	392 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal
olive oil	1 Tbsp	119 cal
banza chick peas pasta	1 oz	95 cal

**MEAL TOTAL:** **Calories** 679 cal / **Carbs** 33 g (19%) / **Protein** 50 g (29%) / **Fat** 41 g (52%) / **Fluid** 29

### NOTES:

**DAY 3 TOTAL:** **Calories** 2,801 cal / **Carbs** 236 g (33%) / **Protein** 250 g (35%) / **Fat** 102 g (32%) / **Fluid** 128



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## DAY 4

### Breakfast

7:00 AM

blueberries	1 1/2 Cup(s)	124 cal
whole grain rolled oats, dry	2/3 Cup(s)	199 cal
egg, hard boiled	2 large	155 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal

MEAL TOTAL: **Calories** 581 cal / **Carbs** 71 g (50%) / **Protein** 36 g (25%) / **Fat** 16 g (25%) / **Fluid** 31

NOTES:

### Snack

10:00 AM

pears	1 large	119 cal
wheat thin crackers	15 crackers	120 cal
hummus	4 Tbsp	110 cal

MEAL TOTAL: **Calories** 349 cal / **Carbs** 65 g (71%) / **Protein** 5 g (6%) / **Fat** 9 g (23%) / **Fluid** 7

NOTES:

### Lunch

12:00 PM

balsamic vinegar	2 Tbsp	28 cal
whole-wheat pita bread	1 1/2 large	255 cal
romaine lettuce	1 Cup(s)	8 cal
iced tea, green	16 fl oz	0 cal
italian chicken	1 1/2 serving	392 cal

MEAL TOTAL: **Calories** 683 cal / **Carbs** 62 g (36%) / **Protein** 49 g (28%) / **Fat** 27 g (36%) / **Fluid** 24

NOTES:

### Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
fbbc cherry almond butter shake	1 serving	403 cal

MEAL TOTAL: **Calories** 482 cal / **Carbs** 50 g (39%) / **Protein** 33 g (26%) / **Fat** 19 g (35%) / **Fluid** 24

NOTES:

### Dinner

6:00 PM

beef flank, lean, broiled	8 oz	435 cal
wild rice, cooked	1 1/4 Cup(s)	207 cal
summer squash, no salt, boiled	2 cup	72 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 59 g (33%) / **Protein** 74 g (41%) / **Fat** 20 g (26%) / **Fluid** 37

NOTES:

**DAY 4 TOTAL: Calories** 2,810 cal / **Carbs** 307 g (43%) / **Protein** 197 g (28%) / **Fat** 93 g (29%) / **Fluid** 124

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## DAY 5

### Breakfast

7:00 AM

drinking water	1 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal
italian turkey sausage, lower sodium	3 oz	134 cal
whole eggs, scrambled	2 large	182 cal
ezeziel 4:9 sprouted 100% whole grain bread by foo...	1 slice	80 cal
avocado	1/3 avocado	107 cal

MEAL TOTAL: **Calories** 606 cal / **Carbs** 28 g (19%) / **Protein** 52 g (34%) / **Fat** 31 g (47%) / **Fluid** 21

NOTES:

### Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal

MEAL TOTAL: **Calories** 505 cal / **Carbs** 44 g (35%) / **Protein** 33 g (26%) / **Fat** 22 g (39%) / **Fluid** 28

NOTES:

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
turkey breast, roasted	10 oz	386 cal
whole-wheat pita bread	1 1/2 large	255 cal
tomatoes	1/4 Cup(s)	8 cal
baby carrots	5 large	26 cal
romaine lettuce	3 leaf	3 cal

MEAL TOTAL: **Calories** 678 cal / **Carbs** 61 g (35%) / **Protein** 94 g (54%) / **Fat** 8 g (11%) / **Fluid** 28

NOTES:

### Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
peanuts, no salt, dry-roasted	1/2 oz	83 cal
plain greek yogurt, nonfat	8 oz	134 cal
trulean whey isolate protein frosted vanilla cake	1 Scoop	100 cal
blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 399 cal / **Carbs** 33 g (32%) / **Protein** 52 g (50%) / **Fat** 8 g (18%) / **Fluid** 27

NOTES:





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## Dinner

6:00 PM

chicken vegetable soup	1 1/2 serving	502 cal
whole wheat dinner rolls	1 1/2 roll	112 cal
drinking water	2 Cup(s)	0 cal

**MEAL TOTAL:** **Calories** 614 cal / **Carbs** 51 g (33%) / **Protein** 50 g (32%) / **Fat** 24 g (35%) / **Fluid** 30

**NOTES:**

**DAY 5 TOTAL:** **Calories** 2,802 cal / **Carbs** 217 g (31%) / **Protein** 281 g (39%) / **Fat** 95 g (30%) / **Fluid** 133

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## DAY 6

### Breakfast

fbbc blueberry muffin smoothie

1 serving

394 cal

7:00 AM

MEAL TOTAL: **Calories** 394 cal / **Carbs** 34 g (33%) / **Protein** 34 g (33%) / **Fat** 16 g (34%) / **Fluid** 1

NOTES:

### Snack

drinking water

2 Cup(s)

0 cal

10:00 AM

cottage cheese, 2% milkfat

1 1/2 Cup(s)

292 cal

strawberries

1 2/3 cup

81 cal

wheat thin crackers

15 crackers

120 cal

MEAL TOTAL: **Calories** 493 cal / **Carbs** 53 g (42%) / **Protein** 43 g (35%) / **Fat** 13 g (23%) / **Fluid** 33

NOTES:

### Lunch

chicken vegetable soup

1 1/2 serving

502 cal

12:00 PM

whole wheat dinner rolls

2 roll

149 cal

drinking water

2 Cup(s)

0 cal

MEAL TOTAL: **Calories** 651 cal / **Carbs** 58 g (35%) / **Protein** 51 g (31%) / **Fat** 25 g (34%) / **Fluid** 30

NOTES:

### Snack

apples

1 large

110 cal

3:00 PM

string cheese, light

3 serving

150 cal

drinking water

2 Cup(s)

0 cal

almond butter

2 Tbsp

200 cal

MEAL TOTAL: **Calories** 460 cal / **Carbs** 38 g (33%) / **Protein** 25 g (21%) / **Fat** 24 g (46%) / **Fluid** 22

NOTES:

### Dinner

drinking water

2 Cup(s)

0 cal

6:00 PM

black beans, no salt, boiled

1 Cup(s)

227 cal

spinach, no salt, boiled

2 Cup(s)

83 cal

fbbc chicken fajita with brown rice casserole

1/5 serving

479 cal

MEAL TOTAL: **Calories** 789 cal / **Carbs** 106 g (52%) / **Protein** 69 g (33%) / **Fat** 14 g (15%) / **Fluid** 38

NOTES:

**DAY 6 TOTAL: Calories** 2,787 cal / **Carbs** 288 g (40%) / **Protein** 221 g (31%) / **Fat** 91 g (29%) / **Fluid** 124



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## DAY 7

### Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
italian turkey sausage, lower sodium	3 oz	134 cal
plain greek yogurt, nonfat	8 oz	134 cal
almonds, raw	30 Whole nuts	222 cal

MEAL TOTAL: **Calories** 703 cal / **Carbs** 53 g (30%) / **Protein** 53 g (30%) / **Fat** 32 g (40%) / **Fluid** 14

NOTES:

### Snack

10:00 AM

string cheese, light	3 serving	150 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
wheat thin crackers	15 crackers	120 cal

MEAL TOTAL: **Calories** 323 cal / **Carbs** 36 g (44%) / **Protein** 20 g (25%) / **Fat** 11 g (31%) / **Fluid** 21

NOTES:

### Lunch

12:00 PM

whole wheat tortillas	3 tortilla	381 cal
tuna fish, very low-sodium, in water	8 oz	224 cal
bottled water	16 fl oz	0 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 662 cal / **Carbs** 59 g (35%) / **Protein** 64 g (38%) / **Fat** 20 g (27%) / **Fluid** 19

NOTES:

### Snack

3:00 PM

apples	1 large	110 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
trulean whey isolate protein frosted vanilla cake	1 1/2 Scoop	150 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 52 g (50%) / **Protein** 39 g (38%) / **Fat** 5 g (12%) / **Fluid** 22

NOTES:

### Dinner

6:00 PM

sweet potato, no salt, baked	1 large	162 cal
chicken, boneless, roasted	10 oz	473 cal
kale, no salt, boiled	2 Cup(s)	73 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 708 cal / **Carbs** 52 g (29%) / **Protein** 79 g (45%) / **Fat** 20 g (26%) / **Fluid** 35

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**DAY 7 TOTAL:** **Calories** 2,796 cal / **Carbs** 253 g (36%) / **Protein** 255 g (36%) / **Fat** 89 g (28%) / **Fluid** 110

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1 Servings

# fbbc shrimp and veggie skillet

## Ingredients

avocado oil  
2 Tbsp

onions sweet raw  
1 serving

garlic  
2 clove

red peppers  
1 medium

broccoli  
1 stalk

corn sweet yellow raw  
1/2 Cup(s)

organic canned black beans  
1 Cup(s)

gourmet collection smoked paprika by mccormick  
1/4 tsp

chili powder  
1/4 tsp

ancho chili powder  
1/8 teaspoons

black pepper (ground)  
1/4 teaspoon(s)

salt  
1/4 tsp

lime juice  
2 Tbsp

wild caught tail off medium raw shrimp by kroger  
35 shrimp

## Nutrition Totals

**Calories 1400 / Carbs 74 g / Protein 178 g / Fat 44 g / Fluid 16 fl oz**

## Instructions

In a large skillet caramelize onion and garlic in 1 Tbsp avocado oil for 2-3 minutes.

Add red pepper and broccoli florets into the skillet and cook over medium heat for 2-3 mins.

Add in corn and black beans and mix gently to combine, then remove from heat.

Transfer cooked veggies and bean mixture to a large serving bowl.

Wipe out skillet, return to low heat, and add 1 Tbsp avocado oil.



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In small bowl, mix together smoked paprika, chili powder, ancho chili powder, black pepper, and salt and set aside.

Place thawed shrimp in hot skillet and add seasoning mixture and lime juice. Cook shrimp thoroughly.

Spoon shrimp over warm veggie mixture and serve immediately with optional cilantro and fresh lime juice squeezed over top.



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## Nutrition Label

Fbbc Shrimp And Veggie Skillet	
Amount Per Serving	
Calories	1400
% Daily Value*	
Total Fat 44.2g	68%
Saturated Fat 4.3g	22%
Trans Fat 0g	
Cholesterol 1190mg	397%
Sodium 2001.9mg	83%
Total Carbohydrates 73.6g	25%
Dietary Fiber 13.7g	55%
Total Sugar 20.4g	
Protein 177.7g	
Vitamin D 0IU	0%
Calcium 628mg	63%
Iron 23.3mg	130%
Potassium 1684.8mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



1 Servings

# fbbc cherry almond butter shake

## Ingredients

frozen fruit dark sweet cherries by dole

1 Cup(s)

avocado

1/4 avocado

almond milk (unsweetened)

1 cup(s)

trulean whey isolate protein frosted vanilla cake

1 Scoop

almond butter (unsweetened)

1 tablespoon(s)

ice cubes

4 cubes

## Nutrition Totals

**Calories 403 / Carbs 31 g / Protein 31 g / Fat 19 g / Fluid 1 fl oz**

## Instructions

Blend all ingredients in a high-powered blender until smooth.

Top with optional chopped cherry pieces and serve.





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## Nutrition Label

Fbbc Cherry Almond Butter Shake		
Amount Per Serving		
Calories		403
		% Daily Value*
Total Fat	19.1g	29%
Saturated Fat	1.6g	8%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	247.6mg	10%
Total Carbohydrates	31.2g	10%
Dietary Fiber	8.9g	36%
Total Sugar	19g	
Protein	31.3g	
Vitamin D	0IU	0%
Calcium	111mg	11%
Iron	0.6mg	4%
Potassium	356.7mg	
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1 Servings

## italian chicken

### Ingredients

garlic  
1/2 clove

lemon juice  
1 Tbsp

olive oil  
1 Tbsp

chicken breast skinless  
4 oz

### Nutrition Totals

**Calories** 261 / **Carbs** 2 g / **Protein** 26 g / **Fat** 17 g / **Fluid** 3 fl oz

### Instructions

Combine ingredients in a small bowl and place chicken breast in the bowl to marinate. Remember to turn it over occasionally. One hour before serving, heat oven to 450F. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325F. Bake 35-45 minutes.



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## Nutrition Label

Italian Chicken		
Amount Per Serving		
Calories		261
		% Daily Value*
Total Fat	16.5g	25%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	82.7mg	28%
Sodium	51.7mg	2%
Total Carbohydrates	1.5g	1%
Dietary Fiber	0g	0%
Total Sugar	0.4g	
Protein	25.6g	
Vitamin D	1.1IU	0%
Calcium	9.4mg	1%
Iron	0.5mg	3%
Potassium	400.7mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		



2 Servings

# chicken vegetable soup

## Ingredients

coconut vegetable oil

1 Tbsp

onions

1 medium

zucchini/summer squash

2 cup

chicken, boneless, roasted

8 oz

vegetable stock, no salt added

3 Cup(s)

carrots

1 medium

black pepper

1/2 tsp

oregano, dried

1/2 tsp

parsley (fresh)

1 tablespoon(s)

## Nutrition Totals

**Calories** 669 / **Carbs** 39 g / **Protein** 62 g / **Fat** 30 g / **Fluid** 18 fl oz

## Instructions

1. In a large saucepan, cook diced onion, zucchini and carrots in coconut oil until tender.
2. Season with pepper, oregano and parsley.
3. Add cooked chicken and vegetable stock.
4. Simmer over low heat for 15 minutes, stirring occasionally.



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## Nutrition Label

Chicken Vegetable Soup	
Amount Per Serving	
Calories	335
% Daily Value*	
Total Fat 14.9g	23%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 162.5mg	7%
Total Carbohydrates 19.4g	6%
Dietary Fiber 3.2g	13%
Total Sugar 13.3g	
Protein 30.8g	
Vitamin D 0IU	0%
Calcium 63.9mg	6%
Iron 2.2mg	12%
Potassium 18947.6mg	
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1 Servings

# fbbc blueberry muffin smoothie

## Ingredients

almond milk (unsweetened)  
1 cup(s)

trulean whey isolate protein frosted vanilla cake  
1 Scoop

blueberries (frozen)  
1/2 cup(s)

spinach  
1 Cup(s)

almond butter (unsweetened)  
1 tablespoon(s)

old fashioned oats by quaker  
1/3 Cup(s)

ground flaxseed  
1/3 tablespoons

cinnamon, ground  
1/8 tsp

nutmeg, ground  
1/8 tsp

## Nutrition Totals

**Calories** 394 / **Carbs** 34 g / **Protein** 34 g / **Fat** 16 g / **Fluid** 1 fl oz

## Instructions

Blend all of the ingredients in a high-speed blender until smooth and serve.



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## Nutrition Label

Fbbc Blueberry Muffin Smoothie		
Amount Per Serving		
Calories		394
% Daily Value*		
Total Fat	15.5g	24%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	4mg	1%
Sodium	267.8mg	11%
Total Carbohydrates	33.6g	11%
Dietary Fiber	8.1g	33%
Total Sugar	7.5g	
Protein	33.5g	
Vitamin D	0IU	0%
Calcium	138mg	14%
Iron	2mg	11%
Potassium	282.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

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1 Servings



# fbbc chicken fajita with brown rice casserole

## Ingredients

green, red or yellow bell peppers  
3 medium

white onion  
1 whole

chicken breast, boneless skinless  
24 oz

chicken broth, reduced sodium  
1 1/2 Cup(s)

brown rice (dry measure)  
1 cups

organic canned black beans  
15 oz

green chilies, diced  
4 oz

lime juice  
1 1 fruit

pepper jack cheese  
4 oz

chili powder  
3 tsp

salt  
1/4 tsp

cumin ground  
1 tsp

garlic powder  
1/2 tsp

onion powder  
1/2 tsp

cayenne pepper  
1/8 tsp

## Nutrition Totals

**Calories** 2395 / **Carbs** 258 g / **Protein** 213 g / **Fat** 61 g / **Fluid** 34 fl oz

## Instructions

Preheat oven to 375 degrees F.

Combine fajita seasoning ingredients in a small bowl and set aside.





Eating right, simplified.

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Evenly coat the bottom of a 9x13 casserole dish with the rinsed brown rice.

Next, layer  $\frac{1}{2}$  of the onions and bell peppers on top of rice.

Evenly layer cubed chicken on rice and sprinkle fajita seasoning over chicken to coat it.

Next, layer black beans and green chilies.

Finish by layering the remaining onions and bell peppers.

Gently pour chicken broth evenly over casserole. Cover dish with tin foil and bake for 30 minutes. After 30 minutes, stir the casserole contents, cover with foil again, and put back in oven for another 30 minutes. After 30 minutes, take the tin foil off and bake for another 20 minutes.

After 20 minutes, take  $\frac{1}{2}$  of the lime juice and evenly pour over entire casserole. Sprinkle with cheese and place back in the oven for another 5 minutes or until cheese is melted.

Top with remaining lime juice and optional toppings and serve.



Eating right, simplified.

## Nutrition Label

### Fbbc Chicken Fajita With Brown Rice Casserole

Amount Per Serving

**Calories**

**2395**

% Daily Value\*

**Total Fat** 60.6g **93%**

Saturated Fat 25.3g **127%**

Trans Fat 0g

**Cholesterol** 516.4mg **172%**

**Sodium** 4449.4mg **185%**

**Total Carbohydrates** 257.8g **86%**

Dietary Fiber 36.4g **146%**

Total Sugar 24.2g

**Protein** 213.2g

**Vitamin D** 13.6IU **2%**

**Calcium** 1028.1mg **103%**

**Iron** 12.7mg **71%**

**Potassium** 4419.6mg

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Eating right, simplified.

# Shopping List

## Accompaniments

black pepper (ground)  
0.06 teaspoon(s)  
olive oil, mayonnaise, light  
1.5 Tbsp

## Beef

beef flank, lean, broiled  
13 oz  
italian turkey sausage, lower sodium  
6 oz

## Beverages

almond milk (unsweetened)  
3 cup(s)  
bottled water  
16 fl oz  
drinking water  
55 Cup(s)  
iced tea, green  
16 fl oz

## Bread

whole-wheat pita bread  
4 large  
whole wheat dinner rolls  
5.5 roll  
whole wheat english muffin  
1.5 muffin  
whole wheat tortillas  
3 tortilla

## Cereal & Grain Products

corn sweet yellow raw  
0.13 Cup(s)  
whole grain rolled oats, dry  
1.42 Cup(s)  
wild rice, cooked  
1.75 Cup(s)

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Eating right, simplified.

## Cookies & Crackers

wheat thin crackers  
60 crackers

## Dairy & Egg

cottage cheese, 2% milkfat  
3.5 Cup(s)  
egg, hard boiled  
9 large  
egg whites, cooked  
24 large  
pepper jack cheese  
0.8 oz  
plain greek yogurt, nonfat  
24 oz  
string cheese, light  
9 serving  
whole eggs, scrambled  
2 large

## Fats & Oils

avocado oil  
0.5 Tbsp  
coconut vegetable oil  
1.5 Tbsp  
extra virgin olive oil  
2 Tbsp  
olive oil  
4 Tbsp

## Finfish & Shellfish

tuna fish, very low-sodium, in water  
16 oz

## Fruits & Juices

apples  
5 large  
avocado  
0.83 avocado  
bananas  
2.5 extra large  
blueberries  
4 Cup(s)

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Eating right, simplified.

**blueberries (frozen)**

**0.5 cup(s)**

**cranberries, dried sweetened**

**0.25 Cup(s)**

**grapes**

**3 oz**

**lemon juice**

**3 Tbsp**

**lime juice**

**0.5 Tbsp**

**0.2 1 fruit**

**pears**

**2 large**

**strawberries**

**1.67 cup**

## Ingredients

**balsamic vinegar**

**4 Tbsp**

## Legumes & Beans

**black beans, no salt, boiled**

**1.5 Cup(s)**

**hummus**

**8 Tbsp**

**organic canned black beans**

**0.25 Cup(s)**

**3 oz**

## Nuts & Seeds

**almond butter**

**8 Tbsp**

**almond butter (unsweetened)**

**3 tablespoon(s)**

**almonds**

**2.5 oz**

**peanuts, no salt, dry-roasted**

**0.5 oz**

## Poultry

**chicken, boneless, roasted**

**28 oz**

**chicken breast, boneless skinless**

**4.8 oz**

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Eating right, simplified.

chicken breast skinless

12 oz

turkey breast, roasted

20 oz

## Sausages & Meats

turkey sausage breakfast links

2 oz

## Snacks

oat & honey granola bars

1 bar

## Soup

chicken broth, reduced sodium

0.3 Cup(s)

vegetable stock, no salt added

4.5 Cup(s)

## Spices & Herbs

black pepper

0.76 tsp

cayenne pepper

0.03 tsp

chili powder

0.66 tsp

cinnamon, ground

0.13 tsp

cumin ground

0.2 tsp

garlic powder

0.1 tsp

nutmeg, ground

0.13 tsp

onion powder

0.1 tsp

oregano, dried

0.76 tsp

parsley (fresh)

1.5 tablespoon(s)

salt

0.11 tsp



Eating right, simplified.

## Sports & Diet Nutritionals

trulean whey isolate protein frosted vanilla cake

7 Scoop

## Uncategorized

almonds, raw

45 Whole nuts

ancho chili powder

0.03 teaspoons

banza chick peas pasta

1 oz

brown rice (dry measure)

0.2 cups

ezekiel 4:9 sprouted 100% whole grain bread by food for life

3 slice

frozen fruit dark sweet cherries by dole

2 Cup(s)

gourmet collection smoked paprika by mccormick

0.06 tsp

ground flaxseed

0.33 tablespoons

ice cubes

8 cubes

old fashioned oats by quaker

0.33 Cup(s)

onions sweet raw

0.25 serving

rx bar

2 bar

wild caught tail off medium raw shrimp by kroger

8.75 shrimp

## Vegetables

baby carrots

60 large

broccoli

0.25 stalk

broccoli, no salt, boiled

1 Cup(s)

carrots

1.5 medium

garlic

2 clove

green, red or yellow bell peppers

0.6 medium

green chilies, diced

0.8 oz

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Eating right, simplified.

**kale, no salt, boiled**

**4 Cup(s)**

**onions**

**1.5 medium**

**red peppers**

**0.25 medium**

**romaine lettuce**

**9 leaf**

**3 Cup(s)**

**spinach**

**1 Cup(s)**

**spinach, no salt, boiled**

**4 Cup(s)**

**summer squash, no salt, boiled**

**2 cup**

**sweet potato, no salt, baked**

**2.5 large**

**tomatoes**

**1 Cup(s)**

**white onion**

**0.2 whole**

**zucchini/summer squash**

**3 cup**